

Rustic Pathways™

Service Learning Expedition Peru

Whitsunday Anglican School



What's Inside

- **About Rustic Pathways – Pg. 3-7**
 - Welcome to Rustic Pathways
 - Program Curriculum
 - Safety and Risk Management
 - Student Learning Outcomes
 - Our Approach to Community Service

- **Program Pricing, Inclusions and Exclusions – Pg. 8**

- **Detailed Itinerary – Pg. 9-12**

- **Terms and Conditions – Pg. 12**

- **In Closing – Pg. 13**



Welcome to Rustic Pathways

Hello and welcome! We are delighted to partner with Whitsunday Anglican School in 2019 to offer you these two incredible journeys. Rustic Pathways specialises in community service, education, and adventure travel programs for high school students. For the past 33 years, we've been widely viewed internationally as the world leader in our field, and our programs have been available to Australian schools since 2011. We look forward to you traveling with us!

MISSION

We empower students through innovative and responsible travel experiences to positively impact lives and communities around the world.

VISION

Rustic Pathways is committed to creating a world where:

- Travel is accepted as an essential part of every education
- Travel is a model of sustainable development
- All people are connected by a shared humanity and all decisions are made with a global perspective

VALUES

- **Integrity** - We demand all actions be guided by an ethical code of dignity, honesty, and fairness.
- **Excellence** - We hold ourselves to the highest standard of quality in everything we do. We are committed to constant improvement through diligence and determination.
- **Pioneering Spirit** - We are free-thinkers, trendsetters, and boundary-pushers. We praise critical thought, curiosity, and creativity. We believe change stems from the power of ideas.
- **Passion** - We infuse energy and joy into everything we do. We create positive energy. Our passion is genuine and contagious. We believe in what we do.
- **Teamwork** - Together we overcome challenges and accomplish the extraordinary. We are better as a team than as individuals.
- **Community** - We are a family. We cherish diversity and inclusivity. We actively connect people from across the world to create a shared humanity.
- **Global Responsibility** - We always consider the impact of our actions on people, the planet, and our future. We all have a duty to create positive change in the world.
- **Safety** - We strive to protect the safety and health of our students and staff through proper planning, prevention, and coordinated response.





Program Curriculum

Rustic Pathways partners with schools and teachers to deliver innovative educational programs that extend beyond the classroom to 19 different countries. Below is a snapshot of the general structure of our programs. ***Please note that we are flexible in the delivery of our programs and can customise all elements to ensure alignment to your curriculum, needs and objectives.***

PRE-DEPARTURE PHASE: ENGAGEMENT

Between enrolment and departure, at a minimum Rustic Pathways will provide participants and/or their accompanying professors with:

- An Educator's Guide to Learning Through Travel: Our comprehensive resource, full of learning activities and reflection ideas for professors to run for their students;
- Fundraising Guide: Our guide to help students set and reach team fundraising targets;
- The Rustic Globe: A series of educational emails that teach students about their destination;
- Country Book: A booklet that contains background information on their destination;
- Pre-Departure Meeting: Information night for students and families, 30 days prior to travel;
- Risk Management: Comprehensive risk management plans; and
- T-shirt and Luggage Tags.

TRAVEL PHASE: SERVICE-LEARNING AND CULTURAL IMMERSION

The travel phase immerses students into the culture of the region so they understand life in that country from a local perspective. Students learn about various local, national and global issues, and give back to our partner communities through service projects. Rustic leaders facilitate focussed discussions and reflections around the desired outcomes to maximise student learning.

Rustic Pathways provides a ratio of 1 leader for every 7 students, including multi-lingual local guides to ensure a rich immersion into the local culture.

POST TRAVEL PHASE: RUSTIC LIFE

Once students return from their travels, they are invited to join *Rustic Life* – our complimentary post-travel education program. Guided by the UN Sustainable Development Goals, *Rustic Life* strives to produce inclusive and quality education for all and not only promote but empower the pathway of life-long learning.

Traveling with Rustic Pathways is only the beginning of positively impacting lives and communities around the world. Learning is a life-long process, and we want to continue the journey with students so we can all work towards making the world a better place. When traveling, students may have been exposed to some of the many issues our world faces today. Emotions, thoughts and feelings may have been challenging when they witnessed different styles of living, poverty and marginalisation, environmental degradation, lack of education, and issues around health and hygiene. Travel is an essential part of education that helps create compassion, empathy and a desire to help others.

Students often return home with a desire to create change in your world and their own future. *Rustic Life* is one pathway to collaborate, get connected and continue to have a positive impact on lives and communities around the world.

Safety and Risk Management

Rustic Pathways understands that risk is an inherent aspect in any student travel program. We travel to remote destinations, many of which have limited access to the definitive medical care and emergency systems that are commonly found in the developed world. However, risk is an essential component of personal growth. Taking risks such as trying new foods, summiting a demanding peak, journeying through undeveloped areas, and challenging existing world-views, are all part of the learning process while traveling. We believe that the positive transformations our students undergo are a direct result of carefully managed risk.

OUR APPROACH TO RISK MANAGEMENT

Risk management begins with a process of identifying potential risks, then evaluating their potential outcomes and likelihoods. We use this information to formulate a management plan to mitigate risk through prevention and to outline appropriate response measures. Risk Management at Rustic Pathways occurs on four levels: company-wide, country operation, program specific and medical screening.

1. At the global level, our Safety and Risk Management Director works year-round to establish global policies, support local country teams, and train all levels of staff on emergency response activities.
2. Country Directors maintain risk management plans for each program offered and location visited, perform safety assessments on service providers, and monitor local conditions through a mix of on-the-ground contact, DFAT, and other government agencies.
3. Our Program Leaders are trained on localised risks and focus attention on the safety and well-being of our students. These combined efforts are complemented by our partnership with HX Global, a leading provider of international medical consultation, emergency evacuations, and urgent travel services.
4. Each participant completes our medical and emergency information enrolment form. The information in each form is reviewed by our medical screening team well before the trip begins to ensure participation is safe and appropriate for each student.





Student Learning Outcomes

We believe in a key set of characteristics and capacities that enable students to achieve personal growth and make a positive contribution to our world. The outcomes we aim to foster in students that travel with us are:

- 1. Openness to New Ideas and Experiences:** Eagerness and curiosity to learn from the perspectives of others and the ability to incorporate one's own experiences into a lifelong quest for knowledge and growth.
- 2. Sense of Wonderment:** The ability to be amazed and inspired by the world, from the small and seemingly mundane to the powerful and seemingly impossible to understand; recognising beauty in the unknown, while letting the world's mysteries stir thoughtful questions and give rise to new understandings; a sense of awe as a driver of one's passion and achievement.
- 3. A Belief that All People are Connected by a Shared Humanity:** Recognising the innate value of any human being; embracing diversity, and believing that what unites us is stronger than what divides us; understanding the interconnectedness of one's actions and the notion that individual actions can have global impact; the ability to connect local stories, struggles, and successes to larger structural and systemic issues facing the world.
- 4. A Desire to Positively Impact the Lives of Others:** A drive to use one's talents as a force for good locally and globally; recognising the power of a series of small actions towards a larger goal and contributing personal effort towards creating change.
- 5. Empathy:** The ability to not just "feel someone else's pain," but rather to walk in their shoes and see the world through their eyes; a more profound ability to adapt a new perspective and recognise multiple viewpoints. Empathy, rather than sympathy or pity, is a precursor to affecting lasting change.
- 6. Self-Awareness:** The ability to define values, motivations, and passions, and to identify how those values are shaped; the ability to assess one's own strengths and weaknesses, analyze where and how to improve, and to reflect on and re-evaluate previous opinions or decisions; the desire to use an understanding of self to better relate to and communicate with others.
- 7. Humility:** An ability to understand one's place and importance, to deeply respect others, to recognise others' talents without comparison to one's own; to possess a grounded understanding of one's limitations; to provide service to others without question of their position in society.
- 8. Grit:** An intrinsic determination to persevere through significant challenges and setbacks without complaint and the ability to defer instant gratification in order to reach an intended goal.
- 9. Independence:** The ability to think and act for oneself; to take responsibility for and stand behind one's beliefs and actions; to explore the world confidently and carefully and to find support when necessary.
- 10. Intercultural Competence:** The desire and ability to behave and communicate effectively within and across cultures, to view issues from other perspectives, and to collaborate and engage in decision-making processes with diverse groups.

Our Approach To Community Service

Through responsible travel and well-designed service initiatives, our students are able to comprehend pressing social and environmental challenges at a global level and contribute to efforts that combat these challenges at a local level. We take a comprehensive approach to community service, working with community partners from the design process through to monitoring and evaluation. Each year, we publish a report that presents our progress, accomplishments, and goals for the future.

Identify and Design Projects with Local Partners

We spend time with our local partners and community members on the ground to understand their needs and priorities. We then collaborate to develop projects that address key needs and build on community strengths.

Provide Students Opportunities to Engage

We collaborate with our partners to create well-defined roles for our students that harness their skills and ensure they make a meaningful contribution. Students are able to select programs based on personal interests and skill sets, maximising both their experience and the success of our service initiatives.

Work Together to Achieve Goals

Our students join the efforts of our local partners during their programs and work collaboratively to achieve project goals. Both students and communities utilise the unique skills they bring and learn from and about each other.

Monitor and Evaluate

We conduct regular evaluations with project partners and beneficiaries, evaluate both the process and impact of our ongoing initiatives and consistently use feedback to improve project design and implementation.

Build Long-term Partnerships

We establish partnerships with a long-term view, recognising that real change can take time. We provide ongoing support to partners and projects, take on initiatives in a range of areas and work to ensure a lasting impact.

FIVE AREAS OF FOCUS



Education



Infrastructure



Environment



Community Health
and Social Services



Economic
Development



Program Details

Destination	Length	Depart	Return	Price per Participant
Peru	15 days	Friday 21 st June 2019	Friday 5 th July 2019	\$6,395

Inclusions

- Return economy airfares, as listed in itineraries, or similar
- Airline taxes, fuel surcharges, departure taxes
- Rustic Pathways program leaders (ratio between 1:5 and 1:7)
- Breakfast, lunch, dinner and some snacks each day on program
- All accommodation, as listed in itinerary
- Private transportation
- Service projects and materials
- All activities, and associated entry fees, as listed in the itinerary except any labelled as "optional"
- Single point of contact from Rustic Pathways before, during and after the program
- Rustic Pathways 24-hour emergency support throughout program
- Medical and security evacuation assistance from International SOS
- Pre-departure presentations at WAS, hosted by Rustic Pathways

Exclusions

- Passport and visa (if required)
- Immunizations (if required)
- Travel Insurance
- Personal expenses such as snacks, souvenirs, internet, phone calls
- Transfers to/from Mackay Airport
- Optional/extra activities



Detailed Itinerary

Day 1 – Friday 21st June

Mackay to Lima. Welcome to Peru!

Great adventures often begin in the dark! Your group will meet at Mackay airport no later than 5:30am this morning to begin the first leg of your journey.

 Qantas flight QF1771
Depart Mackay 6:50am
Arrive Brisbane 8:15am
Duration: 1hr 25min

After a short layover in Brisbane, connect through to Sydney.

 Qantas flight QF515
Depart Brisbane 9:35am
Arrive Sydney 11:10am
Duration: 1hr 25min

After a final farewell to Australia, you'll pass through immigration and fly to Santiago and onto Lima Peru. Sit back, watch some movies, try to sleep, and enjoy the world-class service of Qantas - your adventure begins!

 Qantas flight QF27
Depart Sydney 12.30pm
Arrive Santiago 11:10am (same day)
Duration: 13hr 40min

After a short layover in Santiago, connect through to Lima, Peru

 Qantas flight QF3945
Depart Santiago 2:00pm
Arrive Lima 4:50pm
Duration: 3hr 55min

Hola! Welcome to Peru ☺. Your flight will arrive into Lima at 4.50pm this afternoon. Your Rustic Pathways leaders will meet you when you arrive in Lima. After a warm welcome, you'll transfer to a hotel in one of Lima's nicest neighbourhoods. After a group orientation, ice-breaking activity and review of the weeks to come enjoy a good night's sleep before tomorrow's journey to the Andes Mountains.

Overnight: Hotel in Miraflores

Day 2 – Saturday 22nd June

The Sacred Valley

Start your day with a delicious breakfast at the hotel before heading back to the airport and boarding a one-hour flight to Cuzco, the old Incan capital located high in the Andes Mountains.



Once you arrive in Cuzco, the group will jump on a private bus and descend into the heart of the famous Sacred Valley where we will stop for lunch and some time to acclimatize. Your final destination for the day is Pisac, a traditional Quechua community surrounded by stunning scenery. You will have the rest of the day to relax and explore your surroundings. Later, the group will come together to discuss the week's itinerary and the group's goals for the trip.

Overnight: Hotel in Pisac

Days 3 & 4 – Sunday 23rd & Monday 24th June

The Sacred Valley Service Projects

In the morning, you'll make your way to a local community in the Sacred Valley where the majority of your program will take place. Meet your host family and immerse yourself in Andean culture and the stunning countryside. Service will focus on a short-term or long-term project that will support the community and its inhabitants. Get to know the locals through service and your homestay experience and enjoy all Peru has to offer!

Overnight: Homestay

Day 5 – Tuesday 25th June

Rafting!

Take a break from service and enjoy a day of rafting! Cruise the manageable rapids of the Urubamba river and see a different side of Peru. After this adventure, head into Ollanta for rest and relaxation, along with time to explore the town plaza and a chance to shower with a night in a hotel in Ollanta.

Overnight: Hotel in Ollanta

Days 6 – 8: Wednesday 26th – Friday 28th June

The Sacred Valley Service Projects

The next three days will be focused on finishing your service project in the community. Work hard during service and relax with pick-up games of soccer in the afternoons. Immerse yourself into the community and learn a lot along the way. On the last day, take part in a farewell ceremony with the community members who are now family.

Overnight: Village Homestay

Day 9 – Saturday 29th June

Camping in Rumira

Today, we'll head back to Ollanta for lunch and a walk around town before we head up to Rumira for a night of camping. This evening will be very special as you'll take part in a traditional Pachamanca ceremony where you'll learn more about this ancient and unique Peruvian and Andean culture.

Overnight: Camping in Rumira



Day 10 – Sunday 30th June

Machu Picchu!

It is time to head to Machu Picchu! Board a train for a scenic journey to Aguas Calientes, the gateway city of Machu Picchu. Upon arrival, settle into a comfortable hotel and have some time to explore the small town. After dinner, get a good night's rest for the adventure tomorrow: Machu Picchu.

Overnight: Hotel in Aguas Calientes

Day 11 – Monday 1st July

Machu Picchu!

Wake up early and experience the grandeur of Machu Picchu in the early morning mist. After a guided tour to orient the group with the site's history, spend the morning exploring the intricate stonework of this magnificent structure or steal a moment of relaxation with the breathtaking views of the perched terraces. Afterwards, the group will take a train back to Ollantaytambo.

Overnight: Hotel in Ollanta

Day 12 – Tuesday 2nd July

Explore Cusco

After breakfast, board a bus to Cusco for a day of exploration in the ancient Incan capital. Enjoy this mix of the past and present as we explore the imperial city's 16th century cathedrals, ancient Incan temples and colonial streets.

In the afternoon, head out to explore the main plaza for souvenir shopping and people watching. Tonight, we'll enjoy a delicious meal at our favourite local restaurant.

Overnight: Hotel in Cusco

Day 13 – Wednesday 3rd July

San Pedro Market then Departure

Begin your last day in Peru with a visit to the local San Pedro market. This is an excellent location to taste delicious local fruits and vegetables and shop for any last-minute gifts for family and friends back home. After lunch, we will head to the airport for a flight to Lima and your connecting flights back to Mackay. After our final debriefing, it's time for some high-fives and last-minute photos before boarding the plane home. We hope you've had an incredible time in Peru and hope to see you again soon!



Qantas Airways flight QF3940

Depart Lima 5:45pm

Arrive Santiago 10:25pm

Duration: 4h 35m



 Qantas flight QF322
Depart Santiago 12:05am
Arrive Auckland 5:05am (two days later)
Duration: 14h 50m

Overnight: Inflight

Day 14 – Thursday 4th July

Lost in Transit

Today will be lost in transit. Hopefully it's not your birthday today ☺

Overnight: Lost in Transit

Day 15 – Friday 5th July

Arrival into Auckland, Connect to Brisbane - Mackay

There will be a short layover in Auckland before connecting through to Brisbane.

 Qantas flight QF120
Depart Auckland 6:15am
Arrive Brisbane 8:10am
Duration: 3h 55m

After an epic trip back to Australia, stretch your legs during a short layover in Brisbane before connecting home to Mackay.

 Qantas flight QF2512
Depart Brisbane 10:30am
Arrive Mackay 12:15pm
Duration: 1h 15m

Your flight will land back in Mackay at 12:15pm this afternoon, two days after your departure in Lima. Welcome home! We hope you have had a wonderful experience in Peru ☺ See you again! Adios...

An Important Note about Schedule Changes:

Rustic Pathways reserves the right to change, alter, or amend the daily itinerary for this trip at any time. Changes can be made for various reasons including changes in flight or program schedules, changes in the schedules of various external tours incorporated in our trips, the addition of new activities into a trip, or the substitution of an old activity for a new activity. The itinerary shown here provides a good outline of the anticipated daily schedule for this program. As with any travel program, some changes may occur.

TERMS AND CONDITIONS

Rustic Pathways reserves the right to cancel, alter, reschedule or amend any or all programs offered at any time. If a trip is cancelled by Rustic Pathways prior to the beginning of that trip, Rustic Pathways will refund all payments made by the Participant. If a trip is cancelled by Rustic Pathways once it has begun, a portion of the applicant's total payments will be refunded.



Once a Participant's application and deposit has been received, cancellation by the School or Participant ("You") results in a penalty.

- Cancellation by you after initial deposit has been paid results in loss of \$500 deposit
- Cancellation by you between 65 - 30 days prior to the participant's scheduled departure date results in a loss of deposit and 40% of payments made to date
- Cancellation by you between 29 - 22 days prior to the participant's scheduled departure date result in a loss of 70% of payments made to date
- Cancellation by you less than 21 days prior to the participant's scheduled departure date result in a loss of 100% of payments made to date

Travel Insurance

Travel insurance has not been included in the program fee. Parents must ensure that their son or daughter is fully covered for any medical expenses that may be incurred during their trip. Injuries do occur, and health insurance is mandatory for all participants. Rustic Pathways can provide comprehensive insurance through QBE for \$144 per person. Please contact Zandy if you would like further information and policy details.

Medical Forms and Participant Enrolment Agreement

A condition of travel with Rustic Pathways is for all participants to complete our Participant Enrolment Agreement and Medical Forms. These will be emailed to you for review. Rustic Pathways will email these forms to parents with a Welcome Letter upon confirmation of a student's place on the program.

Expectations of Participants

Rustic Pathways expects participants to be enthusiastic, cooperative and appreciative of the opportunities afforded to them through our programs. The use of illegal drugs, tobacco and the consumption of alcohol is strictly forbidden on all programs. Trips sometimes operate under difficult and challenging conditions and Rustic Pathways expects participants to be cooperative and attentive at all times. Rustic Pathways reserves the right to remove any student from any trip at any time without any refund if a student uses drugs, alcohol or tobacco, endangers the lives of other students, or consistently disregards staff instructions. Students who use drugs, alcohol or tobacco, possess an uncooperative attitude or are unwilling to work happily within a team environment should not travel on a Rustic Pathways program.

IN CLOSING

We are thrilled that you are considering joining us on these programs. Please feel free to contact me directly at zandy@rusticpathways.com.au if you would like any further information. Rustic Pathways programs are life-shaping experiences for young adults, and we hope this is the start of a wonderful journey for you.

Best wishes,

Zandy Marcus
Group Travel Manager